



Pentagram

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Twenty-five Soldiers retire during ceremony in Conmy Hall

By Catrina Francis
Pentagram Editor

On May 13, 25 Soldiers retired during a retirement ceremony in Joint Base Myer-Henderson Hall's Conmy Hall. The ceremony was hosted by Maj. Gen. Omar J. Jones IV, commanding general, Joint Force Headquarters - National Capital Region and U.S. Army Military District of Washington.

During the ceremony, Jones said although these are unique times for the world, country and Army, things are getting better each day, which has been a long time coming.

"There are also special times, special times for this special ceremony, especially the retirees," said Jones. "Everyone here, whether in person or watching online, you honor our retirees, you honor the Families with your presence."

Jones pointed out the selfless service of the 25 retirees who had 651 years of collective service that represented 39 years of combat experience.

"I want to talk about selfless service, it's one of the Army Values and something you all have epitomized throughout your careers," he said. "As selfless servants, they spent the last 20 plus years — in some cases over 30 years — putting the welfare of the nation, the welfare of the Army (and) welfare of their subordinates before their own."

"To the American public they are simply Soldiers, but to us they are Family bound by a common thread — duty, honor and country."

Jones added that during the span of their careers, these professionals did everything the country asked and more from fighting to deterring enemies, training Soldiers for combat, deploying overseas, often multiple times.

"They achieved remarkable success in everything that they did," Jones said. "Families, I know you are proud of each and every one of them, and I can assure you their Soldiers, their peers, their leaders and all Americans share that pride."

Jones explained that Tom Brokaw, a journalist who coined the term, "The Greatest Generation," which referred to the men and women who grew up during the Great Depression and who went on to fight and win the second world war, wrote, "These men and women fought not for fame and recognition, but because it was the right thing to do."

"Like Mr. Brokaw's greatest generation, you all, these leaders (who) we honor in today's ceremony also served selflessly — not for fame, not for recognition but simply because it was the right thing to do, he said.

"They served, and in many cases, fought in places such as Kuwait, Bosnia, Afghanistan, Iraq and other places around the world. They trained in the hills of Korea, the deserts of California, the swamps of Louisiana and the snow-covered fields of Europe, all while sacrificing time with their Families. In their service and our Army's commitment to our nation continues today with Soldiers just like you all across the country protecting the American people, vaccinating the American people supporting them as we work our way through this global pandemic."

Jones pointed out that the nation is finally seeing the light at the end of the tunnel, but it isn't quite there yet. He said it's the Army that's helping the American people work through this pandemic.

He said when Soldiers are asked why they served they will respond by, "They look down at their shoes, and they will avoid eye contact and they will humbly respond, 'I just wanted to serve my country, I just wanted to make a difference.'"

Jones said each Soldier made a difference every day, which was done during some extremely challenging



Photos by Spc. Laura Stephens
Soldiers render their final salute during the retirement ceremony May 13 in Joint Base Myer-Henderson Hall's Conmy Hall. The ceremony was hosted by Maj. Gen. Omar J. Jones IV, the commanding general of U.S. Army Military District of Washington. The ceremony was held for 25 Soldiers who retired after 651 years of combined service to the U.S. Army.

times in the country. He added that the Soldiers' uniforms told the story of those times.

"The ribbons, the badges, the tabs and their patches reflect the service, skills and assignments over the years and the golden stripes on their lower right sleeves reflect their combat tours of duty," Jones said. "The uniforms tell the story of an Army profession of battles fought and of battles won overseas, missions to aid those in need and of valor and sacrifice."

Before Jones ended his speech, he thanked the Soldiers for their selfless service and the sacrifice

made by their Families.

"So, on behalf of the nation I thank the Families for your unwavering support of Soldiers and the entire Army," said Jones. "Soldiers who are retiring today, congratulations on a job well done. Again, thank you for the years of your exceptional service. God bless you, God bless your Families and God bless the United States of America and the United States Army. I wish you all the best moving forward."

Pentagram Editor Catrina Francis can be reached at catrina.s.francis2.civ@mail.mil.



Soldiers assigned to the 3d U.S. Infantry Regiment (The Old Guard) had the honor of providing ceremonial support for a Department of the Army Retirement Ceremony at Joint Base Myer-Henderson Hall May 13.

Army 365 rollout to bolster communications, interoperability

By Devon L. Suits
Army News Service

A servicewide migration to Army 365 is currently underway to provide Soldiers and Army civilians a cloud-based capability that will bolster collaboration and connectivity, network leaders said Wednesday.

Similar to the suite of capabilities under Microsoft 365, the new Army program will improve information sharing with added cybersecurity measures in place, said Raj Iyer, the Army’s chief information officer.

A three-phased approach will transition all Microsoft Teams, email and SharePoint systems to Army 365 and eliminate the need for the commercial virtual remote environment and other functions, said Lt. Gen. John B. Morrison Jr., Army deputy chief of staff, G-6.

“CVR came in handy during COVID-19 when we all had to go remote and telework for the past 15 months,” Iyer said. “Army 365 gives us an enduring capability to collaborate across the Army, along with our sister services, the joint force and industry.”

As Soldiers and civilians log into the Army 365 environment for the first time, they will see a suite of programs that will far exceed the CVR experience, Morrison said. The system hosts a range of resources to include video and voice teleconferencing, email, instant messaging, and access to shared drives.

“Cybersecurity was baked into the development of this architecture from the beginning,” Morrison said. “As we migrate to Army 365, we’re treating it like an operation. It is aligned against an operational (command and control) construct.”

Morrison added that the goal is to provide an improved user environment. Army Cyber Command and Army Network Enterprise Technology Command have been vital to the rollout and provide an added layer of protection beyond what the commercial market can offer.

The shift to Army 365 will also aid in the divestiture of legacy capabilities, like SharePoint and CVR, by shifting all personnel to a familiar environment to improve productivity, Morrison said. In turn, Soldiers can stay connected or have access to their files regardless of where they are at in the world.

“We are also able to provide user support integrated into ... the Army enterprise service desk,” Iyer added. “Users in the U.S. will have



Photo by Sgt. 1st Class Brent Powell

A servicewide migration to Army 365 is currently underway to provide Soldiers and Army civilians a cloud-based capability that will bolster collaboration and connectivity. Capt. Kelly Spencer, a brigade nurse and the officer in charge of a minimal care ward at the Seattle Event Center, Washington, checks her email at the nurse’s station April 6, 2020.

one place to go to receive (Army 365) support.”

Three-phased approach

The first phase of the Army 365 migration has started with the servicewide transition of CVR and Microsoft Teams capabilities before the mandatory shutdown of CVR by June 15, Morrison said.

“We are asking all users to take a hard look at how they’re using CVR and what Teams meetings they established on an enduring basis,” Iyer said. “They can start to recreate these meetings in the new environment.”

Iyer added that Teams channels would not migrate over to Army 365.

The second phase will transition government email capabilities to Army 365 before the closure of the Defense Enterprise Email service by the end of next fiscal year, Morrison said. The Army is looking to complete this process long before the suspense date.

The final phase will move all SharePoint services to Army 365, he added. Due to the large quantity of data and the needs of each unit, this transition process will take the longest. CIO and G-6 leaders expect to finish this process sometime in fiscal year 2022.

“The Guard and Reserve will be treated just like our active component in terms of migrating over to Army 365,” Iyer said

Iyer pointed out that they have been working closely with National Guard Bureau leaders to understand their requirements.

“CVR was one of those capabilities that (the Guard) leveraged extensively for command and control in terms of their mission support throughout the states,” he said. “We want to make sure that there is no loss in capability and they can operationalize Army 365’s capabilities from the get-go.”

Program officials will continue to test and validate Army 365 moving forward. As it evolves, they will generate user guides and distribute them throughout the force to ensure a seamless transition, Morrison said.

“Army 365 is going to be such a game-changing integrated capability and it pushes the limit on how we can improve our business and operational processes,” he added. “We are going to look for that feedback. We know that Soldier and civilian ingenuity will use this capability in ways we couldn’t even imagine. Capturing those lessons learned will be important.”

Town Hall schedule change

Because of leadership transition and scheduling conflicts at JBM-HH, the COVID-19 Community Town Hall meeting will be postponed until June 3 at 1 p.m. Guests will be announced the week prior.

Pentagram



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Wulfhorst renders final salute



Photo by Sgt. Nicholas Holmes

Maj. Gen. Kevin Wulforth renders a salute during his retirement ceremony Friday in Joint Base Myer-Henderson Hall's Conmy Hall. The ceremony was hosted by Maj. Gen. Omar J. Jones IV, commanding general, Joint Force Headquarters - National Capital Region and U.S. Army Military District of Washington.

May 17 JBM-HH face mask update

- Consistent with Deputy Secretary of Defense guidance, fully vaccinated individuals (who are at least two weeks beyond their final dose) are no longer required to wear face coverings indoors or outdoors on post. Service providers (CYS, AAFES, DeCA, etc.) and tenant commands may retain a face covering requirement, so please keep one handy. However, fully vaccinated individuals may now enjoy this beautiful spring weather and go over to friends' houses without a mask. To be clear, the mask mandate remains for all non-vaccinated individuals.

- Our job is to defend our Nation's Capital and to be the face of the US Military. Vaccinating against COVID-19 is key to our continued success. Your efforts will make a difference in the fight against this disease. Be a part of the solution – get vaccinated.

- The virus is still out there. As conditions change in the local area we must continue to remain vigilant at work and home. Get vaccinated and follow DOD, local and CDC guidelines --- protect yourself, protect the team, protect the mission.

- As we increase our presence at the Headquarters, we will continue to monitor the pandemic in the NCR and refine our conditions-based plan and continue to protect the team and protect the mission.

Don't Be a Passive BYSTANDER

**If you See
Something
Suspicious,
REPORT IT!**

**In most cases,
concerning behavior
was observed
BEFORE an attack.**

Army policy offering up to three-year service break

By Thomas Brading
Army News Service

A retention policy offering Soldiers a chance to take a break in service while receiving pay and benefits for up to three years is now a permanent program.

The sabbatical program, called the Career Intermission Program, is a way for Soldiers to take a knee in service for personal or professional goals when they might have otherwise left the Army, said Rowland Heflin, a personnel policy integrator with the Army G-1.

The Army allows officers and enlisted Soldiers a chance to transition from the Regular Army and Army Reserve Active Guard Reserve program to the Individual Ready Reserve for a length of time not to exceed three years.

During their sabbaticals, Soldiers might use the time to start Families, care for ailing parents, attend college or whatever else they need a break for, he said.

While in the CIP program, Soldiers are given a monthly stipend of two-thirtieths of their basic pay along with the same medical benefits and commissary privileges. In addition, they can carry forward up to 60 days of leave on their return to active duty, Heflin said.

Lawmakers first allowed a version of the program as a pilot in 2009. The Army initiated the pilot program through a directive in 2014, which the new policy supersedes and makes the program permanent, Heflin said.

How it works

Under 10 U.S.C. 710 and Department of Defense Instruction 1327.07, Soldiers in the CIP program must pay back time away from the Army by incurring a two for one obligation. In other words, “for every month that they spend in the program, they incur a two-month obligation,” Heflin explained.

Although Soldiers receive a fraction of their base pay, any special or incentive pay or bonus is suspended until they return to active duty. Upon their return, Soldiers will begin to receive any special or incentive pay or bonus they had before entering CIP.

While in the program, Soldiers are also entitled to travel and transportation allowances to a location in the U.S. designated as their residence, followed by the designated location of

their assignment upon their return to the Army, according to a policy letter signed earlier this month by acting Secretary of the Army John Whitley.

“This is retention from a different angle,” Heflin said. “The Army spends a lot of resources in training Soldiers so they can perform whatever mission they have. But, when a Soldier runs into a personal issue or a desire to increase their civilian education they don’t always find it amenable to do that on active duty.”

CIP is an alternative for that.

“It provides a way for them to be relieved from active duty, focus on their personal goals and then return to active duty,” Heflin added.

By investing in time away today, Heflin believes Soldiers will better themselves professionally and personally before returning to active duty with a longer service commitment. However, Soldiers who do not meet eligibility requirements on return to active duty will be subject to the repayment provisions of their pay or bonus agreement, the letter read.

Although education is cited as a major reason for entering CIP, Soldiers are not eligible for tuition assistance while in the IRR. Instead, many use their Post-9/11 G.I. Bill, Heflin said.

Eligible Soldiers include active-duty officers in all competitive categories, including the Chaplain Corps, Judge Advocate General’s Corps and the Army Medical Corps, active-duty warrant officers and active-duty enlisted Soldiers in the ranks of sergeant through master sergeant are eligible for the program.

In addition, Army Reserve AGR officers, warrant officers and enlisted Soldiers who have completed their initial three-year term of qualified duty may be approved, the letter read.



Photo by Sgt. Nahjier Williams

Soldiers and civilians stand as their degrees are conferred by their colleges’ representatives during a Fort Knox, Kentucky, Army Education Center college graduation ceremony at Waybur Theater Oct. 17, 2019.

Now that the directive has been signed, G-1 plans to codify it into a permanent Army regulation, Heflin said.

Soldiers who are interested can be counseled on the benefits, compensation, medical care and other obligations associated with entering the program. The counseling will be documented in writing, with a copy placed into the Soldier’s Army military human resource record.

“When these applications are received at our Army Human Resources Command, the career management branch gets a chop on the decision, then there is a panel at HRC that reviews the files of applicants to make a recommendation to the (commanding general) for approval or disapproval,” Heflin said.

Soldiers can go to the HRC’s website or speak with their local Army career counselor, who can provide them guidance on the program along with the documents required for the application.

“We don’t want to lose good Soldiers,” Heflin said. “We want to be able for them to keep that balance between the things that happen in (their) lives along with their professional responsibilities.”

Rader Clinic update



- Although the FDA has authorized the Pfizer-BioNTech COVID-19 vaccine for emergency use in adolescents 12 to 15, we cannot provide the vaccine until CDC and DOD approval.
- We will update our COVID Vaccination hotline (703) 696-2994 and our Facebook page if we are selected to receive the vaccine or with further information on where to go.
- Currently Rader Clinic provides the Moderna COVID-19 vaccine for those 18 and older by appointment only as approved under the emergency use authorization.

Forgiveness — the last great hope

By Chaplain (Lt. Col.)
Scott Koeman
TACOM Chaplain

Luke 11:2-4 He said to them, “When you pray, say: “Father, hallowed be your name, your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.”
Luke 23:34 Jesus said, “Father, forgive them, for they do not know what they are doing.”

To this day, you cannot understand why they did it. To this day, it crushes you to think about what happened when they committed that horrific, selfish, painful and disgusting act against you. How could they have done that? How could they be so selfish and nearly animal like in their behavior and betrayal of you? You loved them. You cared for them. Yet, in a moment and with little thought that person discarded your love, affection, commitment and yes, your very existence. Worse yet, there was no real care or sorrow. They didn't even ask you to forgive them. They just turned away and left.

How are you and I supposed to move forward in life when we are left with broken and shattered hearts? This is a question many ask, but few know the answer. And fewer still, even though they know the answer, are able to apply it to their lives. Applying Jesus' words about forgiveness is with-

out question the hardest thing you and I will ever do and yet it is the one thing that most reflects the true essence of the Lord Jesus Christ. In God, there is love, grace, mercy, patience, kindness, wisdom, goodness, righteousness, holiness, power, truth, peace, joy, gladness — and forgiveness. Forgiveness is the last thing that Christians exercise and yet forgiveness is what defines the love of Christ most. It was God's great love for us that led him to die for us. It wasn't some affectionate fun love that enabled him to die; it was the kind of love that forgave those who drove the stakes through his hands and feet of that kind of love. That's real love exercised in forgiveness. If we who believe in the Lord Jesus Christ can sum up the totality of our existence as Christians into one single word, what would it be? Most would say love. Some would say blessed. The real answer is “forgiven.” That is it. It is because we are forgiven that we have had the debt of our sin wiped out. It is because we are forgiven that we have a relationship with God. It is because we are forgiven that we shall enter the very gates of heaven. It is because we are forgiven that we will have every



Photo by [parenthetical.wisc.edu](https://www.parenthetical.wisc.edu)

The only reason we are forgiven is that at some point in our lives we recognized our sin and repented of it.

tear wiped from our eyes on that great and final day.

The only reason we are forgiven is that at some point in our lives we recognized our sin and repented of it. We acknowledged to Jesus that we were sinners; we asked for Christ's forgiveness; we confessed that Jesus Christ is Lord; and, we were baptized into him. On that day, we passed from death to life. We were born again in Jesus Christ. That means that we have the full benefits of Jesus Christ. And that means we too can

say to others — yes, even the very closest people in our lives who betray and hurt us most — I forgive you. We are not Jesus. We are not able to do it all at once. Yet, with the power, love, and forgiveness of Jesus inside us through the Holy Spirit, we can begin that journey. We can surrender our hurt and pain to Jesus Christ and ask him to help us forgive those who trespassed/sinned against us.

After all, he forgave us our debts first.

JBM-HH Religious Services are back up and running on a weekly basis at Memorial Chapel. Attendance is limited to no more than 50 personnel in the chapel, so individuals must register to attend.

To view service updates, please visit the Religious Support Office Facebook page at <https://www.facebook.com/jbmhhrrso> or email the Religious Support Office at usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil. Services are subject to cancellation in the event of inclement weather.

To register for Catholic Mass, contact the Catholic coordinator by email at info@jbmhhmcc.com.

Catholic Mass

Protestant Service

Gospel Service

Samoan Service

Saturday at 5 p.m. and Sunday at 8:30 a.m.

Sunday at 10:30 a.m.

Sunday at 12:30 p.m.

Held the first Sunday of every month at 2:30 p.m.

The RSO now streams the following Sunday services via the JBMHH Religious Support Facebook page:

Catholic Mass

General Protestant

Gospel Service

8:30 a.m.

10:30 a.m.

12:30 p.m.

The Fort Belvoir Jewish Congregation host Saturday services and religion education opportunities for Families. For information about Saturday services and programs at Fort Belvoir, contact the Jewish coordinator, Sara Astrow by email at saralyn.astrow.ctr@mail.mil or phone at (703) 806-3393.

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Virtual play morning

On Thursdays, from 10 to 10:30 a.m. virtual play morning will be held virtually on Webex. For more information and to register, call (703) 859-4891 or (703) 614-7208. Join the JBM-HH New Parent Support Program every Thursday morning for sing-along-songs and story time for preschool children up to 5 years old.

Baby bundles

Baby bundles, which is available by request, prepares the home and relationship for the

changes that are needed when the baby arrives. A brief overview of the labor and delivery process, newborn care and baby proofing the home will be discussed. Individuals will receive a gift bag of free baby care and safety items. Registration is required. For more information or to request training, call (571) 550-9052.

ACS YouTube channel

JBM-HH Army Community Service has

announced a newly created YouTube channel that provides classes and information videos, all under 30 minutes, to assist participants on topics such as stress management and marriage enrichment. To see the videos, visit the YouTube site at <https://www.youtube.com/channel/UCnTcKDomPZeXmvnYddOIQkg>, and click “Subscribe” and continue to receive resources available whenever.

NDAA expands military spouse scholarship

By DOD

The Fiscal 2021 National Defense Authorization Act expands the Department of Defense My Career Advancement Account Scholarship, giving military spouses more options to pursue or maintain a career or occupation, according to defense officials.

The expansion allows eligible military spouses to use the MyCAA Scholarship for national testing and certain continuing education credits. Military spouses can now use MyCAA for continuing education credits and for national testing by the end of September.

“These latest additions to the MyCAA Scholarship provide even greater opportunities and increased flexibility for military spouses to meet their education requirements,” said Deputy Assistant Secretary of Defense for Military Community and Family Policy Patricia “Patty” Montes Barron. “This expansion will help clear a

new path for military spouses to advance in their careers while contributing to the financial stability of their Families.”

MyCAA is a workforce development program that provides up to \$4,000 of financial assistance for licenses, certifications or associate degrees to eligible military spouses pursuing a career or occupation. It is offered through the DOD’s Spouse Education and Career Opportunities program, which provides a suite of services to connect military spouses with education and career opportunities.

Under the FY2021 NDAA, military spouses can use MyCAA at any approved institution to help with the cost of national tests for course credits required for a degree approved under the program. This includes the College Level Examination Program tests.

It also ensures that military spouses receive financial assistance for the pursuit or maintenance, which now includes contin-



Photo by myseco.militaryonesource.mil/

The Fiscal 2021 National Defense Authorization Act expands the Department of Defense My Career Advancement Account Scholarship, giving military spouses more options to pursue or maintain a career or occupation.

uing education courses, of a license, certification or associate degree in any career field or occupation.

To learn more about MyCAA, SECO and all of the services available to support military spouses, visit <https://>

www.militaryonesource.mil/education-employment/for-spouses/mycaa-scholarship. Connect with a SECO career coach by calling Military OneSource at (800) 342-9647.

You are not alone. Face challenges with support.

Army Emergency Relief (703) 696-8475

RED Cross - for privation and emergency travel (877) 272-7337

Domestic violence support (571) 302-6582

Domestic violence hotline (703) 919-1611

All other ACS inquiries please email Kathryn.k.feehan.civ@mail.mil



Reducing stigma encourages mental health care in military

By Claudia Sanchez-Bustamante
MHS Communications

In the military, the stigma of mental health is grounded in the cultural misperception that a service member must have “zero defects” to be mission ready. While the Department of Defense strives to identify and eliminate barriers to care that service members face regarding mental health treatment, stigma remains a significant issue within the military.

Eliminating stigma starts with the individual, their immediate network — Family, friends, colleagues — and the broader community understanding that mental health is an element to overall health. Just as a person would see his or her dentist to maintain oral health and a cardiologist to maintain heart health, seeking treatment for mental health concerns will help keep an individual in check to ensure he or she lives a healthy, productive life.

Disseminating information about mental health care and engaging with service members to eradicate myths about mental health stigmas in the military can have the effect of encouraging someone who needs care to seek help.

Stigma around mental health care in the military may extend to career concerns, confidentiality and perception of mental health care.

“These are all barriers to care,” said Marjorie Campbell, a clinical psychologist who leads the Psychological Health Center of Excellence’s Prevention and Early Intervention program.

“As a society, we place a premium on being able to take care of ourselves,” she said. “In a nutshell, mental health is invisible, and people tend not to believe (in) things that they can’t see.”

Cultural and historical factors

contribute to the belief that mental health disorders are in a person’s head because he or she can’t see them in the way he or she would a broken limb or a bleeding wound, so acknowledging them must mean a person is weak, she explained. However, this notion doesn’t consider the physical symptoms of mental health on the brain.

She explained the thoughts are physical occurrences that result from the release of electrical and chemical activity. There are physiological underpinnings to every mental health disorder an individual can experience, she said.

“Everything is interconnected,” Campbell said. “You can’t just separate out mental health and not consider that it’s part of the organism.”

Campbell, who has studied mental health stigma over time, noted the No. 1 reason service members give for not wanting to seek mental health care is they think they can handle problems on their own.

“That reveals preconceived stereotypes of self-reliance — ‘I can do it, I should be able to do it because I’m tough,’” she said.

Another issue is treatment dropout, she said. An individual may start treatment because their spouse or their leadership may be pushing them, but they later drop out because they feel they can handle problems on their own. In the studies, she saw, 63% of the people who dropped out said it was because they felt they could handle their problems on their own.

To reduce stigma, there are different levels at which an individual’s community can intervene.

“As a provider, it’s important to address an individual’s concerns with stigma at the onset of treatment,” she said. “If nothing is on the table, you can’t deal with it.”

She recommends providers be



Photo by Air Force Airman 1st Class Melody Bordeaux
(Right) Air Force Capt. Isaiah Jones, 59th Medical Wing licensed clinical social worker, speaks with a patient, Nov. 24, 2020, at the Mental Health Clinic, Wilford Hall Ambulatory Surgical Center, Joint Base San Antonio-Lackland, Texas. Mental health providers guide patients through challenging times, including stress or anxiety due to the pandemic, in person or through telehealth.

proactive and ask their patients how they feel about being there, if they are concerned about what other service members think or what their leaders think, and if they think it makes them feel weak.

Separating the individual from the diagnosis clarifies that the diagnosis is a medical disorder, not one of choice or will.

To reduce stigma and reach those people reluctant to seek care requires a multipronged approach, “from the individual provider to Michael Phelps doing a commercial on TV for mental health to the policy work to the leader getting trained on how to support mental health, to the DOD’s Real Warriors public awareness campaign,” said Campbell.

It also takes ensuring service members know the facts around mental health.

“They worry they won’t be able to deploy, or will get separat-

ed out of the military or that their unit leaders will find out about their diagnosis and perceive them as weak and make fun of them,” said Campbell. “And, although sometimes those things happen, in general, we found that service members’ perceptions of these barriers are not accurate.”

She said that presenting the facts to them helps them realize mental health is not a deal breaker. “They might have heard one person say something, but this is not a career ender, even if sometimes some service members get medically discharged if they’re not fit for duty,” she said.

PHCoE has more information on the barriers to care service members face regarding mental health diagnoses and treatment. It offers some do’s and don’ts to consider when talking about mental health as well as some statistics on the barriers to mental health care impacting service members.

YOU'LL NEVER WALK ALONE MEMORIAL DAY

FRIDAY MAY 28 4PM ET







‘You will never walk alone’

“Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices,” said the late President Harry S. Truman. Join The United States Army Band “Pershing’s Own” for a special Memorial Day livestream remembering America’s fallen heroes by honoring the loved ones they left behind. Individuals will learn more about the Tragedy Assistance Program for Survivors and how they care for military Families grieving the death of a loved one. The people in TAPS, many of whom have endured losses of their own, ensure Families never walk alone. Watch the livestream May 28 at 4 p.m. via the band’s Facebook page at www.facebook.com/usarmyband, website at <https://www.usarmyband.com> or YouTube channel at <https://www.youtube.com/usarmyband>.

Members of DOD must work together to change toxic climates, culture

By Jim Garamone
DOD News

The policies are in place for a safe and inclusive workforce in the military, but all members of the Defense Department must embrace the values at the core of this for it to work, Elizabeth P. Van Winkle, the executive director of DOD’s Office of Force Resiliency said May 12.

Van Winkle testified before the Senate Armed Services Personnel Subcommittee. Her office handles some of the thorniest issues confronting defense, including sexual assault, harassment, diversity and inclusion, and suicide prevention.

Van Winkle used the findings of the Fort Hood Independent Review Commission as a basis for much of her opening statement. The report — commissioned by then-Army Secretary Ryan D. McCarthy following the murder of Army Spc. Vanessa Guillen — was an indictment of culture of the Army base that allowed sexual assault and harassment to continue.

“Points of failure in the system, as reflected in painstaking detail within the pages of the Fort Hood report will consistently undermine all of our actions if not addressed,” Van Winkle said. “At Fort Hood, and likely other installations, there was a culture of disrespect and purposeful degradation of others that was unimpeded and left unchecked by the very individuals who hold the responsibility to prevent this type of culture.”

This neglect left many asking if military leaders were blind to these infractions or whether they were complicit, she said.

In 2019, DOD introduced strategies and policies to address sexual assault as part of an integrated violence prevention framework. The framework aims to prevent all forms of harm and looks to ensure an inclusive environment

for all who serve.

“I truly believe that an integrated violence prevention approach with a focus on command climate is how we can best prevent these behaviors,” Van Winkle said. “It must be emphasized that anything we have put into place, or will put into place, will be ineffective if members of our military fail to proactively embody the values that we expect.”

Van Winkle said changing a command climate or the command culture requires the commitment of all members of a community.

“No one gets a pass; no one gets to decide they don’t have a role to play,” she said. “When you join the military, you are taking on a responsibility to uphold our values and to be a part of a team that rejects these behaviors.”

This is even more critical for leaders.

“When you become a leader at any level ... you take on a critical responsibility, both when it is easy and when it is not,” she said. “This means calling out behaviors that are not in line with our expectations, even if they are perpetrated by a friend.”

Van Winkle said leaders who overlook these behaviors erode trust.



Photo by Sgt. Melissa Lessard

Members of Congress hold a session with female officers at Fort Hood, Texas, May 5. During the visit, senior leaders provided updated on Fort Hood’s progress in addressing the Fort Hood Independent Review Committee’s findings, equipment modernization and housing and barracks renovations.

“Looking the other way allows harm when it otherwise didn’t exist,” she said. “Every time you fail to address misconduct — even the smallest offensive jokes and comments — someone is watching you, and trust is either gained or it is lost. And once it is lost, you will not easily recover it.”

Leaders need to understand that words like protect, defend, dignity, respect and discipline are not negotiable, she said.

“As a department we are looking at all aspects of these issues, to shed light in those places we previously did not have visibility, to applaud those (who) are doing the right thing, to appropriately hold accountable those who are not, and to ensure all members can serve safely and honorably,” she said.

JBMHH Education Hub

Counselor Hour Brief! (Virtual)



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As summer approaches, pools are great for play, exercise and therapy. However, it is critical that while individuals are enjoying themselves, they should take appropriate safety precautions.

Photo by Jupiterimages /iStock via Getty Images Plus

Tips for safer, more enjoyable summer at the pool

By StatePoint

As summer approaches, pools are great for play, exercise and therapy. However, it is critical that while individuals are enjoying themselves, they should take appropriate safety precautions.

According to the U.S. Consumer Product Safety Commission, more than 275 children nationwide under the age of 5 drown in swimming pools annually, and more than 4,100 children receive medical treatment for pool-related accidents, the majority of which occur in backyard pools. Luckily, building codes and standards can help.

“Building codes are life savers and as the leading building codes and standards developer, we are accounting for every facet of the home, which includes specific provisions to make pools and spas safer,” said Dominic Sims, CEO of the International Code Council.

Emphasizing the importance of water safety, the Code Council has dedicated a week (May 17-23) during its annual Building Safety Month to the topic. To ensure individuals are having safe pool fun,

the Code Council shares the following tips:

- **Install fences and protective gates:** To ensure the pool area is inaccessible to unauthorized swimmers and children when there is no supervisor, install a fence at least 4-feet high around pool and spa areas with a self-closing, self-latching gate or door. Move all chairs, tables, large toys or other objects away from the perimeter that would allow a child to climb up to reach the gate latch or enable someone to climb over the fence.
- **Keep safety devices nearby:** Always keep basic lifesaving equipment handy (pole, rope and personal flotation devices) and know how to use them. These aids should be kept on both sides of the pool and should remain stationary — not be misplaced through play activities.
- **Install alarms:** Install alarms on all doors and windows to detect unauthorized access from the home into the pool area. Individuals can also install a pool alarm to detect ac-

cidental or unauthorized entrance into the water. While the alarm provides an immediate warning, it is not a substitute for the barrier fences, door and window alarms or safety covers.

- **Remember safety covers:** Install an approved safety cover on any pool. For the safety of all individuals, do not allow anyone to stand or play on it.
- **Be code compliant with drain covers and grates:** To help identify compliance with current standards, all pool and hot tub drains must have a cover or grate marked with the appropriate product marking, including the service life in years and an information label that is provided to the pool owner. Not having a compliant cover could result in some part of a swimmer’s body being entrapped in the drain — a dangerous situation that could result in injury or drowning. If a cover is broken, missing or noncompliant, the pool should be closed immediately, and a replacement should be performed by pool professionals.

- **Ensure an existing pool has safe suction outlets:** Pools and spas with a single drain — other than an unblockable outlet — must have a certified blockable suction outlet and one of the following: a safety vacuum release system; a suction-limiting vent system; a gravity drainage system; or other safety features that comply with industry standards.
- **Secure the proper permits for a pool installation:** If a person is installing a pool, it will be important to contact his or her local building department first to determine what permits are needed and what requirements he or she must follow.

“With the weather warming and families spending more time at home, a pool offers hours of fun for everyone,” said Sims. “In addition to adult supervision, safety code compliance helps ensure a safer, more enjoyable pool experience.”

For more building safety resources, visit iccsafe.org.

Our values, always

HONORABLE SERVICE ♦ TRUST ♦ STEWARDSHIP

News Notes

Asian American Pacific Islander Heritage Month observance

Join the joint base team on Facebook for the virtual Asian American Pacific Islander Heritage Month observance Thursday at 11:30 a.m. The Facebook link to the event is www.facebook.com/jbmhh.

This year's observance theme is "Advancing Leaders Through Purpose Driven Service." The joint base observance includes special guest performers from the Washington, D.C., Samoan congregation.

Asian American Pacific Islander Heritage Month celebrates the important contributions of individuals of Asian/Pacific Islander descent to the nation, historically and in today's society.

The Army commemorates and celebrates the contributions of Asian American and Pacific Islanders to the nation and the Army.

Army Hiring Days

Be part of a team where people come first. During Army National Hiring Days through June 14, the Army's goal is to hire 1,700 new Soldiers into the active Army, Army National Guard and the Army Reserve.

Join one of the most diverse organizations in the nation — diversity in people, diversity in ideas and beliefs, and diversity in skills. Visit GoArmy.com/hiringdays to learn more.

Rader Clinic Tier 2 phase

In conjunction with the joint base, Rader Clinic continues to provide the Moderna COVID-19 vaccine in line with the Department of Defense population tiers. The clinic is now in Tier 2, which includes all active duty, Tricare beneficiaries age 18 and up and eligible DOD civilians and contractors. The COVID-19 vaccination is offered by appointment only. To schedule an appointment, please visit <https://informatics-stage.health.mil/RaderCOVIDApp> or Tricare Online at www.tolsecuremessaging.com.

Please note, vaccine administration for those with appointments is occurring at the Joint Base Myer Henderson Hall Community Center, located at 228 McNair Road Bldg. 405 Fort Myer, Virginia. For additional updates on the COVID-19 vaccination campaign, please call the Rader Clinic COVID-19 vaccination automated hotline at (703) 696-2994.

Please continue to follow JBM-HH communications platforms including the joint base Facebook page, website and virtual town halls for the latest updates.

Aspiring musicians

If a young musician is looking for an opportunity to perform locally applications for the U.S. Army

Blues Solo Competition are out now. This opportunity is available to D.C. area high school students and college students nationwide.

The competition is an opportunity to perform live with the Army's premier jazz ensemble. Apply now, as submissions are due June 7.

ANC preservation project

The Sentinels from the 3d Infantry Regiment (The Old Guard) will modify their watch and stand guard on the east side of the Tomb of the Unknown Soldier through Friday. Visitors will still be able to see the changing of the guard ceremony from the bottom of the steps on the mall instead of the Memorial Amphitheater steps.

Due to a short-term preservation project with the granite pavers surrounding the Tomb of the Unknown Soldier, Arlington National Cemetery is temporarily closing the TUS plaza.

ANC is celebrating the Centennial Commemoration of the Tomb of the Unknown Soldier, and restoration and preservation work continues at the Memorial Amphitheater and the Tomb plaza to ensure the heart of the cemetery remains the iconic symbol of service, sacrifice and mourning.

The changing of the guard ceremony will still take place at the top and bottom of every hour.

Cemetery reopens for tour groups

Arlington National Cemetery has reopened to tour buses and tour groups. ANC is taking this action as part of a gradual reopening under improved COVID-19 conditions. For the past year, tour buses and tour groups have not been able to visit the hallowed grounds of ANC due to COVID-19 restrictions. The ANC staff continues to monitor and enhance all aspects of the cemetery in order to prepare for a full reopening in the future. This step expands access to ANC, building upon previous efforts such as the resumption of tram tours and gravesite shuttle service, as well as visitation to the John F. Kennedy Presidential Gravesite and the Tomb of the Unknown Soldier. Tour buses will be allowed to park on the top level of the ANC parking garage. The public may visit the cemetery virtually through the new ANC Education Program at <https://education.arlingtoncemetery.mil>. Audiences of all ages may now discover learning modules on topics that include The Tomb of the Unknown Soldier. Arlington National Cemetery is open daily from 8 a.m. until 5 p.m.

Twilight Tattoo web series

Join the Soldiers of the U.S. Army Military District of Washington Wednesday evenings in May and June as they explore history through the eyes of the American Soldier. Each week at 7 p.m.

EDT, MDW will premiere an eight-minute episode the official TWT website at <https://twilight.mdw.army.mil/>, as well as at the MDW YouTube channel and Facebook page.

MDW plans to return with its traditional hourlong, live-action public program on JBM-HH in May and June of 2022. MDW continues to follow DOD guidelines and CDC recommendations in order to ensure the safety of Soldiers, Families, Army civilians, contractors and the community.

Death notices

Anyone with debts owed to or by the estate of Sgt. Maj. Cheryl M. Ani, the United States Army Band, must contact Maj. Dae Kim, the summary court-martial officer for the Soldier. Ani passed away April 27. Call Kim at (571) 867-4033.

Virtual SHARP training

There is nothing more important than the welfare and readiness of our people, the people of the National Capital Region and its population of military and civilian forces.

Fiscal year 2021 sexual harassment, assault response and prevention refresher training is open to all assigned to the National Capital Region. This training reasserts the importance for leaders and the chain of command in providing quality, relevant training and education to improve and sustain positive organizational climates that emphasize Army values and treat everyone with dignity and respect.

If someone needs support at any time, reach out to the DOD Safe Helpline by calling (877) 995-5247. The 24/7 Safe Helpline is anonymous and confidential.

Marine Corps Exchange

The Marine Corps Exchange is open from 9 a.m. to 7 p.m. Monday through Saturday and from 10 a.m. to 6 p.m. Sundays and holidays, to include the Vineyard. All three levels are open. The Marine Corps ID Card Center continues to serve, by appointment only, at Marine Corps Exchange on the third floor. The hours of operation are from 9 a.m. to 5 p.m. Monday through Friday, with a daily closure from 11 to 11:30 a.m. All personnel are required to book appointments at <https://idco.dmdc.osd.mil/idco/locator>.

The carwash service at Henderson Hall remains open. For more information on Henderson Hall services and hours of operation, visit <http://www.mccshh.com/mcx/>.

Commissary hours, updates

The Fort Myer Commissary is open at regular business hours, Monday through Friday from 8 a.m. to 7:30 p.m., Saturday from 8 a.m. to 6:30 p.m. and Sunday, 8 a.m. to 6 p.m. The Defense Commissary Agency lifted the custom-

er limit on paper and cleaning items. Additionally, DECA has now approved the use of reusable bags at the store. For additional information on the Fort Myer Commissary, visit the commissary's official website at <https://www.commissaries.com/shopping/store-locations/fort-myer/>.

Civilian leave assist

JBM-HH Directorate of Emergency services employee Marla A. Curry and Jay Vaughters and Directorate of Public Works employees Huey Vample, Wanda Scott and Lisa Barnes have been approved to receive leave under the Volunteer Leave Program. Department of the Army civilian employees who would like to donate annual leave can fill out form OP-M630a, "Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Within Agency)," at www.opm.gov/forms/pdf_fill/opm630a.pdf.

For federal government civilian employees outside the Department of the Army who would like to donate annual leave, please complete form OPM 630b, "Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Outside Agency)," at www.opm.gov/forms/pdf_fill/opm630b.pdf. Please be sure to populate the form with the recipient's name specifically. Send completed form to Maribel Rodriguez at maribel.rodriguez.civ@mail.mil.

Clinic answers COVID-19 questions

Rader Clinic has developed a public service announcement to address all the frequently asked questions about the COVID-19 vaccine being administered by the clinic. Please take a moment to view this important video, where a person can meet the Rader Health Clinic team and educate him or her about the vaccine to protect loved ones and the community. Please access the following link to view the video at <https://www.facebook.com/jbmhh/videos/861733764381647>.

Army Emergency Relief

Army Emergency Relief is an invaluable resource for Soldiers and Families. Financial help is given in the form of an interest-free loan, grant, or combination of the two.

If a Family has a financial need, the Soldier should call Trina Reliford at (703) 696-8435. AER is open Monday through Friday from 7:30 a.m. to 4 p.m. Please note that documentation is required to justify the dollar amount for loans.

Calling all high school musicians

The U.S. Army Band "Pershing's Own" offers video tutorials by our U.S. Army musicians to help high school students with their all-state auditions. Check out the educational videos on the band's YouTube channel. Visit the channel at <https://www.youtube.com/c/us-armyband>.